



FOOD NOT BOMBS

Over the last decade, we've seen an alarming rise in poverty and hunger. Estimates indicate that only 4 billion pounds of food would be required to end hunger in America, yet over 46 billion pounds of food is discarded in this country each year. The reason this is happening is no accident. We do not have any democratic say in how our food is produced or distributed, and in our society it is acceptable to profit from the suffering of others. **FOOD NOT BOMBS** continually protests the institutionalized violence of poverty, and we have committed ourselves to nonviolent social change by giving out free vegetarian food 6 days a week in the Boston/Cambridge area, because:

EVERYONE DESERVES ENOUGH.

FOOD NOT BOMBS SCHEDULE OF FREE VEGETARIAN MEALS

TUESDAY: Copley Square
(across from library)

NOON - 2:30 PM

Prep: Community Church
(565 Boylston St. - 3rd flr)

10:30 AM - NOON

WEDNESDAY: Copley Square

(across from library)

6:00 PM - 8:00 PM

Prep: FNB House

3:00 PM - 5:00 PM

FRIDAY: Boston Common
(near Park St T/ fountain)

NOON - 4:00 PM

Prep: St. Paul's Church
(138 Tremont St)

9:30 AM - NOON

SATURDAY: Boston Common
(near Park St T/ fountain)

NOON - 2:30 PM

Prep: somewhere in lower Allston
(sometime in lower Allston)

SUNDAY: BREAD & JAMS

May - Oct 15: Cambridge Common

(near Harvard Sq)

5:00 PM - 7:30 PM

Prep: Christ Church - 0 Garden St ^{BACK}_{DOOR}

1:30 PM - 5:00 PM

Oct 22 - May: Indoors - St. James

(1991 Mass Ave - Porter Square)

5:00 PM - 7:30 PM

Prep: St. James 1:30 PM - 5:00 PM

WE DESPERATELY NEED VOLUNTEERS!!!

For information on how you can help
FOOD NOT BOMBS please call (617)787-3436



Because.... **FOOD** is a **RIGHT** not a
privilege! Because there is enough food for everyone to eat!
 Because **SCARCITY** is a patriarchal **LIE**! Because
 a woman should not have to **use her body** to get a meal, or to have a
 place to sleep! Because when we are hungry or
 homeless we have the **RIGHT** to get what we need by panhandling,
 busking or squatting! Because **POVERTY** is a form of **VIOLENCE**
 NOT necessary or natural! Because *capitalism makes food a source of profit*
 not a source of *nutrition*! Because **Food Grows**
On Trees. Because we need **COMMUNITY NOT**
CONTROL! Because we need **HOMES NOT JAILS!** Because we
 need...

...FOOD NOT BOMBS



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FRIDAY: Boston Common (near Park St./fountain)
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 (138 Tremont St.)
 9:30 AM - NOON

SATURDAY: Boston Common (near Park St./fountain)
 12:30 - 2:30 PM
 Prep: FNB House

SUNDAY: **BREAD & JAMS**
 May - Oct 15: Cambridge Common
 (near Harvard Sq)
 5:00 PM - 7:30 PM
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 (back door)
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 (1991 Mass Ave - Porter Square)
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COMIDA
 GRATIS

Para
 TODOS!

Monday: Jamaica Plain
 6 P.M. across from the
 Harvest Food Co-op
 in the park called
 South Street Mall

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The money spent by the world on weapons in one week is enough to feed all the people on Earth for a year. When millions of people go hungry each day how can we spend another dollar on war? If you feel that people need food more than bombs we want you to call us today. The next few years could profoundly change the world for generations and Food Not Bombs is working to make those changes positive for everyone.

The Food Not Bombs organization is starting several projects in the Area.

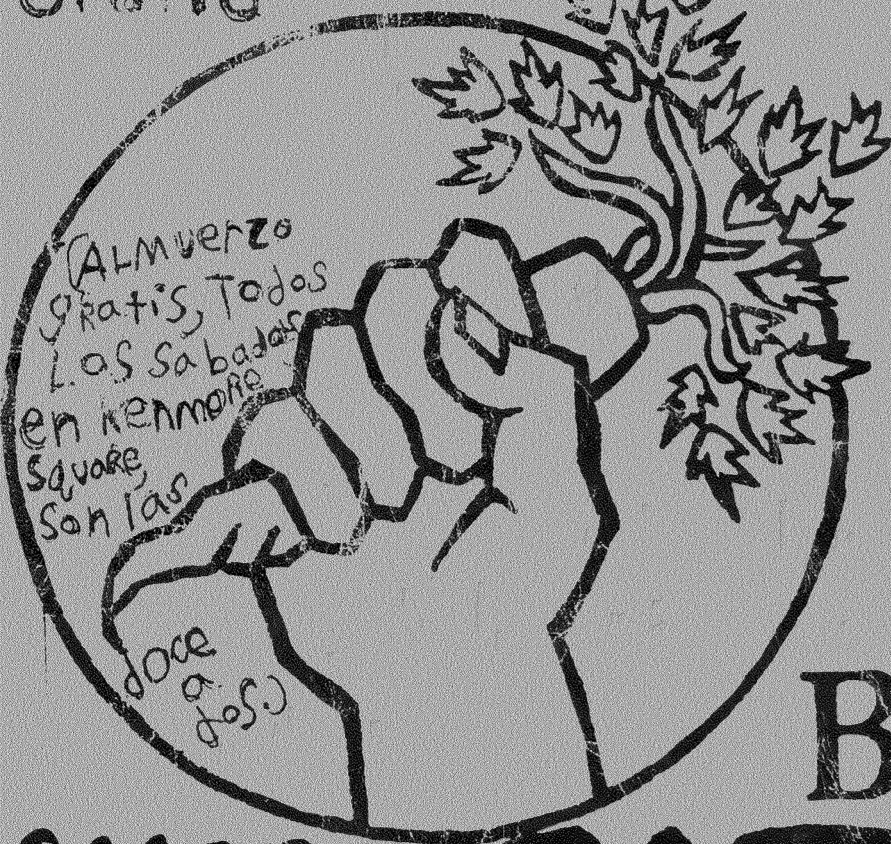
- Free food distribution to local people in need.
- Literature tables to provide information about food, peace and justice.
- Providing hot meals at demonstrations and events.
- Organizing Creative Actions in protest of war and poverty.

We invite you to work with us to provide desperately needed services and information to our community. You can make a difference.

Come join us for a
FREE MEAL

Almuerzo
Gratis

from 12-2:00



with
**FOOD
NOT
BOMBS**

every **SATURDAY**

rain or shine

AT KENMORE SQ.

in the park area on Comm. Ave. across from the bus station

Because.... **FOOD** is a **RIGHT** not a *privelege*! Because there is enough food for everyone to eat!

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On Trees. Because we need **COMMUNITY NOT CONTROL!** Because we need **HOMES NOT JAILS!** Because we need...

...**FOOD NOT BOMBS**

ACT.

FOOD NOT BOMBS

Room 121

255 Massachusetts Ave.

P.O. Box 9183

Cambridge MA 02139

(617) 864-8786

FOOD NOT BOMBS



OD NOT BOMBS PRESENTS
FREE FOOD IN THE PARKS
EVERYONE SHOULD HAVE ENOUGH

TUESDAY: Copley Square NOON - 2:30
(across from public library)

WEDNESDAY: Copley Square ~~5:30PM~~ ^{6:00PM} 7:30PM
(across from public library)

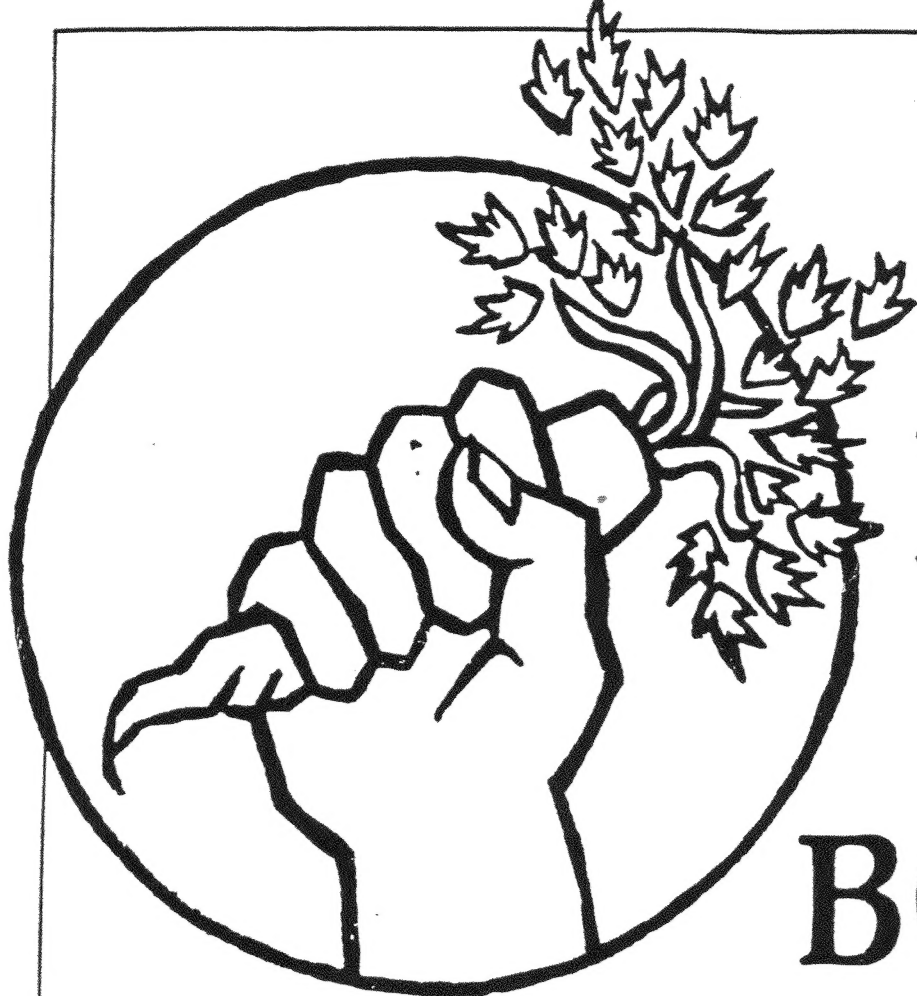
FRIDAY: Boston Common NOON - 4:30
(next to fountain 1/2 block from Park Street T stop)
PREP: St. Pauls Episcopal 9:30am-NOON
(Tremont St. across from fountain on the common)

SATURDAY: Boston Common NOON - 2:30
(same location as Friday)
FOOD NOT BOMBS volunteers also help on...

SUNDAY: BREAD AND JAMS Cambridge Common
May to Oct. 15 5:00pm-7:30pm
(1 block from Harvard Square T towards Porter Square)

PREP: Christ Church 0 Garden St.
1:30pm - 5:00pm
(next to cemetery across from Cambridge Common)
Oct. 22 to May Indoors at St. James's
1991 Mass. Ave Cambridge 5:00-7:30
(1 block from Porter Square T towards Arlington)

PREP: St. James's 1:30 - 5:00



FOOD NOT BOMBS

Room 121
955 Massachusetts Ave.
P.O. Box 9183
Cambridge MA 02139

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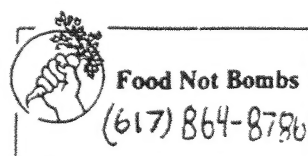
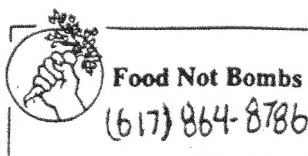
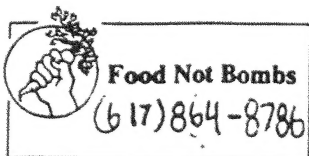
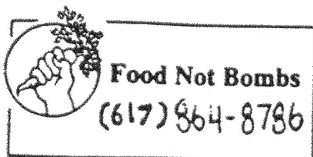
The Food Not Bombs organization is starting several projects in the Boston Area

- Free food distribution to local people in need.
- Literature tables to provide information about food, peace and justice.
- Providing hot meals at demonstrations and events.
- Organizing Creative Actions in protest of war and poverty.

We invite you to work with us to provide desperately needed services and information to our community. You can make a difference.

Call Food Not Bombs today at (617) 864-8786

Please leave a message





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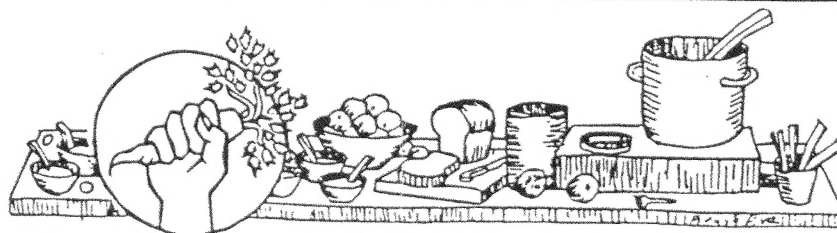
FOOD NOT BOMBS SCHEDULE OF FREE VEGETARIAN MEALS

Tuesday, 12pm-2:30pm and Wednesday, 6pm-8pm in Copley Square (across from the library); Thursday (Breakfast Not Bombs!), 9:30am-11am in Central Square (corner of Mass. Ave. and Western); Friday, 12pm-4:30pm and Saturday, 12pm-2:30pm on the Boston Common (near Park St. and the fountain); Sunday (Bread & Jams meal), 5pm-7:30pm Porter Square (St. James Episcopal Church, 1991 Mass. Ave)

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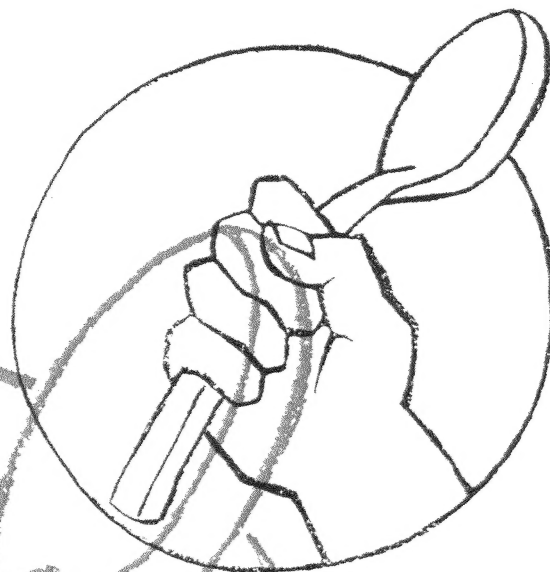
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FIGHT THE POWER!

Protest the continuing harassment of the Thursday **FOOD NOT BOMBS** breakfast in Central Sq.



Food Not Bombs has existed and fought for non-violent social change in the Boston area since 1980. We have continually protested the institutionalized violence of poverty and the overfunding of military weapons designed for mass destruction. We currently serve six free vegetarian meals a week in the Boston/Cambridge area.

The newest Food Not Bombs meal -- "Breakfast Not Bombs" -- was formed in protest of the forced gentrification of Central Square. We serve breakfast every Thursday from 9:30am - 11am, in the plaza at the corner of Mass. Ave. and Western, to give the clear message that Central Square's low-income community will not be pushed out to make room for wealthy consumers and corporate chain stores.

We have been harassed repeatedly by city officials and have now been threatened with arrest if we set up our table again. We will not be intimidated into closing our table and plan to serve as scheduled. Please come and show your support and let the city of Cambridge know that feeding the hungry is not a crime!

Thursday at 9:30am in front of the Lucy Parsons Center

For more information contact Food Not Bombs at (617)787-3436





A FREE MEAL FOR ALL
TO VOLUNTEER CONTACT :
FOOD NOT BOMBS MEAL DAYS
Room 121
955 Massachusetts Ave. AND TIMES

FOOD NOT BOMBS PRESENTS
FREE FOOD IN THE PARKS
EVERYONE SHOULD HAVE ENOUGH

TUESDAY: Copley Square NOON - 2:30
(across from public library)

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(next to cemetery across from
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towards Arlington)

PREP: St. James's 1:30 - 5:00

FOOD NOT BOMBS

Room 121

855 Massachusetts Ave.

PO Box 9183

Cambridge MA 02139

(617) 864-8708

BOSTON FOOD NOT BOMBS

FREE MEAL!

Every Friday from 4-6pm at
Park St. MTBA Stop on the
Boston Common.



Volunteer with us:
We cook at Spontaneous
Celebrations, a communi-
ty space in Jamaica Plain
at 45 Danforth St near the
Stoney Brook T stop on
Friday at noon.

FOOD NOT BOMBS BOSTON CHAPTER



Boston Food Not Bombs is an organization dedicated to serving weekly community meals that are healthy, vegan (no animal products used), and of course free. We turn no one away from our food and try to be fully inclusive as an organization. We are not a registered non-profit and run in a truly non-hierarchical manner, meaning we have no president and everyone shares the leadership responsibility. We are all volunteers and we have no corporate sponsorship of any sort.

Food Not Bombs started in Cambridge, MA in 1980. Since then, the movement has spread all over the globe. Currently, there are over 1000 different Food Not Bombs organizations on every continent but Antarctica. However each Food Not Bombs is completely independent and

functions as an autonomous entity.

Food Not Bombs is a movement against capitalism. We aid those worst afflicted by capitalism: the poor. We seek to confront poverty and to empower the poor and disadvantaged so they have a voice. We also seek to create a community space, in which ideas can be exchanged between people of all classes, races, religions, etc.

Poverty surrounds us constantly but we don't often see it. Our mainstream media outlets often refuse to even cover it. But the facts speak loudly and things are getting worse: 14% more people sought food assistance in 2005 than in 2001, which is more than 320,000 people in the state of Massachusetts. Not all these people are homeless; in fact, from the same survey, 84% of people had homes. With the worsening economic situation, the poor and hungry in this state and country will multiply.

Poverty is a form of violence. Hunger is offensive. Food is a human right. There is an incredible total of 46 billion pounds of food thrown out each year in this country. Ten percent of all solid waste is food. If we fed people with the waste of our current system, we could alleviate hunger tenfold. It is wrong that people go hungry while this country wastes so much food. We will fight this injustice.

We get our food from different places. Supermarkets regularly throw out good food everyday. We also get donations from Red Fire Farm, a local organic farm.

All the food we cook is vegan, which means there are no animal products used whatsoever. One advantage to using only vegan food is that the possibility of food-borne illness is far less likely than with dairy and meat. Furthermore, Food Not Bombs does not accept the suffering of animals all over the world for the sake of capitalism's food production system.

Even though the ingredients we use have been discarded by others, we cook delicious, fresh, and healthy meals, which sets us apart from many sources of food for the homeless and disadvantaged.

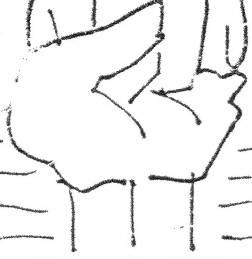
Food Not Bombs supports other radical social movements for change. We seek to help supply food at rallies, marches, festivals, and other events that seek to challenge and eliminate capitalism. We support community struggles in Boston and try to educate the public about some of these issues.

Eventually we hope to empower those most oppressed by capitalism to organize themselves with allies in the greater community and work toward real social change.

Contact Us!

Email Marie at mchenkley@gmail.com or check our website at fnboston.wordpress.com

or just stop by and say hi!



FOOD NOT BOMBS



★ FREE FOOD FOR ALL ★

MONDAY:

COOK (3-6 PM)/CLEAN (8-9 PM)

@ SPONTANEOUS CELEBRATIONS

45 DANFORTH ST., JAMAICA PLAINS
(NEAR STONY BROOK T STOP)

SERVE (6-8 PM) ACROSS FROM (NEW

~~HARVEST CO-OP 57 SOUTH ST., JP~~

CONTACT - JP FNB@TOOLS4CHANGE.ORG

TUESDAY: ★ WOMEN'S PREP ★

COOK (10:30 AM-12 PM)/CLEAN (2:30-4 PM)

@ COMMUNITY CHURCH

565 BOYLSTON ST. (THIRD FLOOR), BOSTON

SERVE (12-2:30 PM)

@ COPLEY SQUARE (ACROSS FROM LIBRARY)

CONTACT - JAIMIE (617) 661-6622

WEDNESDAY:

COOK (2:30-5 PM)/CLEAN (7-8 PM)*

SERVE (5-7 PM)

@ CENTRAL SQUARE, CAMBRIDGE

CONTACT - FNBCAMBRIDGE@ZIPCLIP.COM

FRIDAY:

COOK (9:30 AM-1 PM)/CLEAN (4-6 PM)

@ ST. PAUL'S CHURCH

138 TREMONT ST., BOSTON

SERVE (1-4 PM) @ BOSTON COMMON

(NEAR PARK ST. / ACROSS FROM ST. PAUL'S)

CONTACT - DAN (617) 734-9415

SATURDAY:

COOK / CLEAN*

SERVE (11:30 AM - 3:30 PM) @

BOSTON COMMON (NEAR PARK ST.)

* FOR PLACE/TIME PLEASE

CONTACT JAIMIE (617) 661-6622

OR EMAIL FNBCAMBRIDGE@ZIPCLIP.ORG

FOOD IS A RIGHT!

NOT A PRIVILEGE...



WE
NEED
VOLUNTEERS
FOR PREP, SERVE,
CLEAN (!!!) &
TRANSPORTATION!

East Coast as well. There is now a local group in Long Beach, Sacramento, Washington, D.C. and New York City. People are trying to organize groups in Minneapolis, Austin, Houston, Dallas, Atlanta, Charlotte, Portland (OR) and Portland (ME). New groups are forming spontaneously. Write to us for a handbook on how to start a group in your town. The time has come. Food Not Bombs. Start one or join one today!!

EAST COAST

**Food Not Bombs-Boston
1430 Mass Ave., Suite 306-35
Cambridge, MA 02138
(617) 864-8786**

WEST COAST

**Food Not Bombs-San Francisco
3145 Geary Blvd., #12
San Francisco, CA 94118
(415) 330-5030**



Food

Not

Bombs

Food Not Bombs Organization Makes History

Food Not Bombs was formed after the May 24, 1980 occupation attempt of the Seabrook Nuke in New Hampshire. We were one of many groups that grew out of Clamshell Alliance. Our first action was to set up a soup line outside the stock holders meeting of the First National Bank of Boston which is responsible for "red-lining" the areas in Boston known as Roxbury, Dorchester, South Boston, Charlestown, East Boston and the South End, a.k.a. the ghettos. The First also built the Seabrook Nuke and is the money behind much of the weapons industry in New England. We fed hot meals to 300 homeless people as the stock holders walked by. Several stock holders talked with us and stuffed a dollar or two in our bucket to help us get started.

From that exciting start we organized a schedule of food pick-ups and deliveries in Boston and Cambridge. One member worked at a natural food grocery and was able to bring the waste to Food Not Bombs after work. The tofu manufacturer who delivered tofu from western Massachusetts to this store told us that they had lots of tofu that was the "wrong size" and that they would bring it in for us to give to the poor. A bakery in Harvard Square gave us as many as ten garbage bags of day old bread every morning at seven, not a minute later or earlier, just seven o'clock in the morning.

We brought that food to the shelters in the South End of Boston. Every other day we would arrive at the Pine Street Inn in our old van. Six or seven men standing outside the Inn would help us carry the food to the kitchen and thank us for stopping by. We would go from shelter to shelter all over the South End. At each place the people in the area would give us a hand and share information about other shelters or sources of food. Over the months we became friends with people at each shelter and we lost that feeling of being outsiders.

We also had literature and food tables at rallies and in Harvard Square and on the Boston Common. Our literature covered a wide spectrum of issues that we saw as connected. Food Not Bombs also sold buttons which we often designed ourselves. Our tables became a reliable place to express ideas without fear. Military men would tell us stories about war, worried people would stop to get support and expect to leave inspired, busy folks put a dollar in our buckets and told us that we were doing great work. The staff at the tables found every day to be rewarding and looked forward to their next time on the streets, which was often the very next day.

The other activists came by with flyers about the next action their group was sponsoring and we'd put them next to the buttons. It was fairly likely that we would have a table at that very event and that we would be advertising yet another event at that action. This practice continues to this day.

During the first year we told thousands of people about our food distribution to the shelters. At about this time the shelters started to overflow with people and the public started to donate food directly to the shelters as well as to Food Not Bombs. We started to include housing projects on our routes. Before long we delivered free food to every project in Cambridge and several projects in Boston. After a few years we became the official food distribution group of the City of Cambridge. Today that distribution part of Cambridge Food Not Bombs is called The Food For Free Committee of The City of Cambridge, Massachusetts.

Self determination is key to pride and Food Not Bombs provides a vehicle for many people. Food Not Bombs distributes food to people who don't qualify for government support or who found the government insulting. Even though the recipients were often disabled they helped us unload our van, pointed us to more sources of food or more people in need. They saw themselves as part of the Food Not Bombs Organization and they were correct. This work continues to this day in Massachusetts.

Food Not Bombs found that the people in need of this food and the people gathering the food were one people. Many of these people saw that the governments spend billions of dollars on the military while millions of people go hungry every day. We also found that we were the ones that were going to change this injustice, not someone in the government.

Food Not Bombs started a group in the Bay Area in January 1988 and we started distributing food to the Coalition of the Homeless in San Francisco. In the first month that Food Not Bombs existed in San Francisco we gathered 50 contacts interested in working with us. Our start-up costs were under \$100. It's clear that the idea, food not bombs is popular. Everyone is invited to work picking up food, delivering food, staffing literature tables or preparing food for actions. We also believe in fun and Food Not Bombs actions are as much a party as they are demonstrations for peace.

TO VOLUNTEER, CALL 864-8786



The Food Not Bombs Affinity Group
Room 306-35, 1430 Massachusetts Avenue, Cambridge, MA 02138